

DRESSMAKER MADE WELL

Followed a Neighbor's Advice
and Took Lydia E. Pinkham's
Vegetable Compound

Vernon, Tex.—"For three years I suffered untold agony each month with pains in my sides. I found only temporary relief in doctor's medicine or anything else I took until my husband saw an advertisement of Lydia E. Pinkham's Vegetable Compound. I mentioned it to a neighbor and she told me she had taken it with good results and advised me to try it. I was then in bed part of the time and my doctor said I would have to be operated on, but we decided to try the Vegetable Compound and I also used Lydia E. Pinkham's Sarsaparilla. I am a dressmaker and am now able to go about my work and do my housework besides. You are welcome to use this letter as a testimonial as I am always glad to speak a word for your medicine."—Mrs. W. M. STEPHENS, 1103 N. Commerce St., Vernon, Texas.

Dressmakers when overworked are prone to such ailments and should profit by Mrs. Stephens' experience.

Write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., about your health. Your letter will be opened, read and answered by a woman and held in strict confidence.

The more bad habits a man accumulates the less money he saves.

STOMACH DISTRESS

Peoria, Ill.—I found great help from the use of Dr. Pierce's Golden Medical Discovery. I was suffering from stomach trouble and nothing seemed to relieve me until I took the Discovery. Gradually the distress diminished and finally left me entirely. I also find Dr. Pierce's Pleasant Pellets a good family medicine. They clear the liver and stomach of all impurities, in fact, I find them the only thing that will keep myself and family in health."—MICHAEL M. SCHUSTER, 200 Eckley St. Send 10 cents to Dr. Pierce, Buffalo, N. Y. for a trial box of any of his remedies.

BETTER DEAD

Life is a burden when the body is racked with pain. Everything worries and the victim becomes despondent and downhearted. To bring back the sunshine take

GOLD MEDAL HAARLEM OIL CAPSULES

The national remedy of Holland for over 200 years, it is an enemy of all pains resulting from kidney, liver and uric acid troubles. All druggists, three sizes. Look for the same Gold Medal on every box and accept no imitation.

To Cure a Cold in One Day

Take
**Grove's
Laxative
Bromo
Quinine
tablets**

Be sure you get

BROMO

The genuine bears this signature

E. W. Brown

THICK, SWOLLEN GLANDS
that make a horse Wheeze,
Roar, have Thick Wind
or Choke-down, can be
reduced with

ABSORBINE

also other Bunches or Swellings. No blister,
no hair gone, and horse kept at work. Econ-
omical—only a few drops required at an applica-
tion. \$2.50 per bottle delivered. Book 3 in free.
ABSORBINE, JR., the antiseptic liniment for num-
bing, reduces Cysts, Wens, Painful, Swollen
Veins and Ulcers. \$1.25 a bottle at dealers or
delivered. Book "Evidence" free. ©
W. F. YOUNG, Inc., 310 Tenth St., Springfield, Mass.

FLUSH THE KIDNEYS

Take a hot cupful of
Bulgarian Blood Tea
Sweeten the stomach, tone the liver,
cleanse the blood, kill colds, ward off
"flu," grippe and pneumonia. Sold by
druggists and grocers everywhere.

SCIENCE SEEKS FOR VITAMINES

Elusive Substance Gives Zest
and Real Value to the
Food We Eat.

FLEES THE TABLE D'HOTES

Scientists Concentrate on Separating
It From Viands, but Without Suc-
cess—Differ as to What a
Vitamin Really Is.

New York.—Food values are of es-
pecial interest these days of high
prices.

One dines at, say, a restaurant in
New York city's "Latin Quarter,"
famed for its atmosphere but uncer-
tain as to cooking. The food is men-
tioned casually on the menu in sev-
eral languages—but the chicken is
tasteless, the potatoes boring and the
salad disappointing. However, one is
hungry and eats largely. An hour
later, the pangs of hunger again make
themselves felt, one finally resorts to
the home larder and partakes of some
humble bread and butter and milk,
and that indelible lack is satisfied.

The reason for this state of affairs
is not far to seek. Vitamins? At
such places the food is deficient in
these intangible and microscopic sub-
stances, which scientists have proved
are essential to nutrition and which
are to be found in a large number of
properly prepared foods but are de-
stroyed by excessive heat, drying or
other methods of preservation often
employed for economy of convenience.
The mystery of the vitamins is, there-
fore, of vital interest, as its name im-
plies, to the world at large.

What is a Vitamin?

Just what is a vitamin? This ques-
tion is still perplexing chemists, ac-
cording to a recent article by Dr.
Atherton Sedell of the public health
service in the current number of the
Journal of Industrial and Engineering
Chemistry. These elusive substances
have been found necessary not only as
dietary factors but even for the pro-
longation of life. Their exact nature,
however, still remains a mystery,
though much has been discovered con-

Major Stimson and Her Aides



Major Julia C. Stimson, superintendent of the army nurse corps and dean of the army school of nursing, with her aides of the army nurse corps head-
quarters in the mountains building, Washington.

cerning their effect on the human sys-
tem and the general benefits conferred
by them. For instance, experiments
have proved that animals can live in-
definitely on a diet of milk alone. This
supply all the constituents of milk
vegetatively—protein, carbohydrates,
fats and salts. In fact, all the known
food elements—and the animal wastes
away and finally dies.

Several theories are held in regard
to this problem. Some scientists be-
lieve to classify vitamins as struc-
tural compounds of living tissues,
which function along the same lines
as the other tissues. Others relegate
them to the "enzymes," these strange
substances which have been aptly de-
fined as "chemical potatoes" as they
accomplish the chemical union of
various substances without being
themselves affected. Many think that
they are derived originally from
plants and one well-known scientist

states that they are always present
in feeding foodstuffs, not having been
created by man and animals.

At the present time, three types of
vitamins are known to exist: The
water-soluble variety, found in milk,
meat, and other substances; the fat-
soluble ones, which are present in but-
ter and egg yolks; and a third class,
designated as "antioxidants," which is
found in a mixture of fresh vegetables
and fruits and also in the outside
coat of rice. Lack of these necessary
food constituents results in various
diseases, beriberi, and other dis-
eases.

In fact, the importance of the anti-
oxidative factor was discovered fairly
recently, as a result of an epidemic
of beriberi during the preceding
winter among army modern soldiers
in the south of France. The soldiers
were not eating these vegetables and
the outside layer of the rice was re-
moved. When an extract of this
food was eventually supplied, the dis-
ease was prevented.

Lack of both the other types of vi-
tamins result in a gradual wasting
away. This is the case of the fat-
soluble substance, is accompanied by
blindness and often by lung trouble,
but the wasting process is more grad-
ual, as the system subsides for a while
on its reserve store of fat.

INNOCENT, SERVES 15 YEARS

Swiss Convicted of Killing Girl to Be
Freed—Real Culprit Makes
Confession.

Geneva.—After serving more than
fifteen years of a life sentence for a
murder of which he has always claimed
to be innocent, a young man named
Hirschenberger is to be released, the
real culprit having confessed.

On the day following a murder ball
at Sion in May, 1923, the body of a
young Swiss girl was found in the
waiting room of the railroad station,
where she had been strangled to death.
She had been seen the previous even-
ing in the company of a young man
dressed as a peasant woman. The de-
scription of her companion tallied with
a customer's report to Hirschenberger,
and he has tried and sentenced to life im-
prisonment entirely on circumstantial
evidence.

Breaks Wooden Arm as He Punches Man's Nose

Martinsburg, W. Va.—W. R.
Wentz, an alleged drinker of a
suspicious gambling joint,
broke his wooden arm over the
head of Philip Hack, a Taren-
tum (Pa.) business man, who is
reported to have tried to enter
by force the room which Wentz
guards. The blow seriously
damaged Hack's nose. Mayor
Solbert fined Wentz \$25.00 on a
charge of assault and battery.

MUST PAY HIGH FOR PASSPORTS

European Countries Tax Ameri-
cans Equivalent of \$10,
the Rate Here.

LESS FOR OTHER TOURISTS

President Mitchell of the Red Star
Line Suggests Action by the United
States Chamber of Commerce—
Peasants Go Back to Land.

New York.—According to Percy V.
A. Mitchell, president of the Red Star
line and general manager of the Inter-
national Mercantile Marine company in
Belgium, the charge of \$10 for an
American visa on passports is not only
a tax upon immigrants who have to
pay the high rate of exchange, but also
upon American business men abroad.

"Since the charge for a visa has been
raised from \$2 to \$10," said Mr.
Mitchell, "the countries in Europe have
retaliated by making Americans pay
the same amount. They have arranged
to base their charges for a visa on a
sliding scale. For example, I have to
pay 175 francs for my visa at the Bel-
gian consulate because I am an Ameri-
can, while an Englishman has only to
pay 10 francs, which is a big differ-
ence when a man is accompanied by
members of his family.

All Are Doing It.

"Since the war Europe has been split
up into a number of small countries
and each of them is charging Ameri-
cans the equivalent of \$10 in United
States currency. A business man has
to pass from one country to another to
get anywhere, and in each case he has
to pay heavily because the State de-

partment in Washington, without any
reason that I have been able to learn,
has raised the fee to \$10.

"The citizen of the United States
has to pay \$10 for his passport in the
first place, and then to pay another \$10
to return from abroad, and the same
amount for the countries he visits on
the continent. Why the United States
Chamber of Commerce has not taken
up this question, which is so important
to American business men traveling
through Europe, I am at a loss to un-
derstand.

Tourist Travel Hit.

"In addition it will also interfere
with tourist travel in the summer,
which has already decreased consider-
ably through the increase in passen-
ger fares made necessary by the high
cost of operation of the steamships, in-
creased wages, food, fuel, etc."

Mr. Mitchell said the Belgian govern-
ment was putting the peasants back on
the land in Flanders, and in place of
the small cottages with earthen floors
which were demolished by the German
guns they were erecting neat, small
houses with tiled floors and modern
sanitary conveniences. From what he
had heard recently in Brussels he
sailing for New York, the government
would not rebuild Newport, the former
fashionable seashore resort, as it had
been blasted to pieces by shells and
bombs, the avenues approaching it be-
ing ruined.

Dynardo, where the severe fighting
took place at the bridgehead on the
Yser, was to a great extent demolished
also, but the people had started to re-
turn there in the summer of 1919 and
build on the ruins of their former
homes. The Belgian peasant loves his
country and does not want to go
abroad to live, Mr. Mitchell added.

Annual Rabbit Drive in Eastern Washington



Women and men by the hundreds went out on the annual rabbit drive, or war, of Grant county, eastern Wash-
ington, in which more than 5,000 rabbits were killed. Many women, some of whom are shown in the photograph,
handled their shotguns or rifles as expertly as the men.

WRIGLEY'S

"After Every Meal"

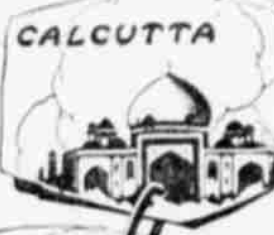
Everywhere

All over the world people
use this goody
for its
benefits, as
well as its
pleasure.

Keeps teeth
clean, breath
sweet, throat
soothed.



CHICAGO



Calcutta
Aids
appetite
and
digestion.



PARIS

STILL 5c



Sealed Tight — Kept Right

LOVE SEEN IN NEW LIGHT FELT SOMETHING WAS WRONG

Old Idea of Affection All Wrong, Ac-
cording to Pronouncements of
Modern Scientists.

"Science explains things our ideas."
The speaker was W. L. George, the
English-born lecturer. He resumed:

"A millionaire was com-
plaining to a scientific friend of
mine that a beautiful actress had
accepted his proposal of marriage,
only he had just discovered that she
did so for purely mercenary motives."

"But my scientific friend posi-
tively declared the millionaire con-
stantly."

"What a queer devil you are!"
he said. "You want to be loved for
your looks alone—that is, for the
position in space of the atoms, ions,
molecules—and whatnot which
compose working through some Dur-
wain selective theory, has groped
together in the entity that is your-
self. Ridiculous! And you hope to
be loved for your wealth—for a
financial achievement, that is to say,
which is an unimpeachable testimo-
nial to your industry, intelligence, so-
briety and virtue."

The Best Ones Never Do.
"Have you the lecture?"
"Fine. It didn't last more than forty
minutes."

Youngster's Experience Made Him
Doubt Whether His Prayers Were
Really Acceptable.

"In the smoking room of La France,
in a small, plush, white day, George
resumed:

"These winter passages are im-
possible, but they are never dangerous."
"One black December day I was sit-
ting wrapped up in furs and rugs in
a sheltered corner of the promenade
deck of a liner. The good old boat
seemed to stand on her head one min-
ute, and the next she rolled right up
on her hind legs."

"A big lot of a boy made his way
cautiously to the young and pretty
matron seated next me. He stretched
himself against her back chair and
said:

"Mum, is it wrong to pray that
we get home safe?"
"Not unless you're darning."
"Well, he went on. 'I've been
knowing on a locker trying to pray
that we arrive safe in port, and each
time I begin the ship lurches up and
sinks me on the deck.'"

His Flight.
"Many men's prayers are answered."
"I know that, but I want to do
the things that money can do."

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Your reward will be such
richness of flavor as would
please most coffee or tea
drinkers.

This pure, wholesome cereal
drink contains nothing harm-
ful. Its regular use proves
a comfort and an economy.

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